

## PRE-SWIM ROUTINE | THERABAND ROTATOR CUFF EXERCISES

Elements of a Functional Pre-Swim Warm Up:

1. Readiness, 2. Physical, 3. Connection & Activation, 4. Awareness, 5. Specific Targeted areas for session

<p><b>WAX ON, WAX OFF</b></p>		<p><b>RETRACTION, ELEVATION, EXTENTION</b></p>	
<p><b>INTERNAL ROTATION (NEUTRAL POSITION)</b></p>		<p><b>1 KG DB CATCH</b></p>	
<p><b>EXTERNAL ROTATION (NEUTRAL POSITION)</b></p>		<p><b>SHOULDER TAP</b></p>	
<p><b>RETRACTION (STRAIGHT ARM)</b></p>		<p><b>UP, UP, DOWN, DOWN</b></p>	
<p><b>45 DEGREE (EXTERNAL ROTATION &amp; ABDUCTION)</b></p>		<p><b>DB ACROSS MAT</b></p>	
<p><b>SATURDAY NIGHT FEVER</b></p>		<p><b>DB FLIES</b></p>	
<p><b>SHOULDER PULSE (120 DEGREES STANDING)</b></p>		<p><b>DB HOLD (AT ANGLE WITH CLOSED EYES)</b></p>	
<p><b>SUPINE GRIP BAND PULLS</b></p>			

Tom's Big 5: 1. Pecs 2. Lats 3. Abs 4. Hips 5. Ankles